



VIRGINIA YOUTH SOCCER ASSOCIATION

SCHEDULE FOR E CERTIFICATE

Revised April 2010

E.E. Chip Rohr

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| Fri. | 6:30-9:30 | Introduction & Orientation/ Methods/Team Management (Classroom) |
| Sat. | 9:00-10:30 | Warm up/dribbling (Field) |
| | 10:30-12:00 | Passing and Receiving (Field) |
| | 12:00 -1:00 | Lunch |
| | 1:00-2:00 | Laws/Care and Prevention (Lecture at field) |
| | 2:00-3:00 | Intro.to Attacking Principles of Play (Field);1v1-2v2 |
| | 3:00-4:00 | Shooting (Field) |
| | 4:00-5:00 | Goalkeeping (Field) |
| Sun. | 9:00-10:15 | Heading & Skills Overview (Field) |
| | 10:15-11:30 | Attacking Principles (Field) |
| | 11:30-12:30 | Lunch |
| | 12:30-1:45 | Defending Principles (Field) |
| | 1:45- 4:00 | Candidate Practice Sessions (Field) |
| | 4:00 | Questions/Answers/Review |
| | 4;30 | Adjourn |

Candidates need to bring- pen & notepad (classroom)

Pen, notepad, dress to play (with shinguards) weather-appropriate, size 5 ball, fluids (field)